



# TOMATO, BASIL & BEAN PASTA SALAD



Color your meal!



MyPlate.gov

## Ingredients:

- 1 pound whole wheat pasta**
- 1 cup fresh basil leaves (chopped)**
- 3 tomatoes (large, coarsely chopped)**
- 1 cup kidney beans (low-sodium canned, rinsed)**
- 1/2 cup walnuts (chopped, optional)**

- 2 tablespoons vegetable oil**
- 1/4 cup vinegar**
- 2 teaspoons Dijon mustard**
- 1/4 teaspoon black pepper**

## Directions:

1. Cook pasta according to package directions. Drain and cool.
2. In a small mixing bowl, whisk together oil, vinegar, Dijon-style mustard, and pepper to make vinaigrette.
3. In a large mixing bowl, combine pasta, beans, basil, and tomatoes. Pour vinaigrette over top and toss together. Cover and chill at least 1 hour.
4. If desired, add nuts just before serving, tossing again to combine.

Find more recipes and resources online at: [www.gcfb.org/recipes\\_resources](http://www.gcfb.org/recipes_resources)

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Mention **Gleaners** when speaking with your SNAP representative.

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Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

**1-888-544-8773**

 Operado por el Consejo del Banco de Alimentos de Michigan  
Food Bank Council of Michigan  
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan  
Michigan Department of Health and Human Services

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**1-888-544-8773**

 Operado por el Food Bank Council of Michigan  
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خط المساعدة



للوصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

**1-888-544-8773**

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